



clementine

## the real food promise

### real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



- wild Skipjack tuna & Canadian salmon, sustainably-sourced



- whole grains throughout the menu

### from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics\*
  - organic chicken meatballs and turkey
- \*some exceptions may apply to accommodate religious needs



- focus on fruits, vegetables & products grown & produced locally & sustainably



- dairy products & organic tofu



- globally inspired dishes



- we advocate for mandatory labelling of GMOs

### peanut & tree nut free

PREMIER'S AWARD FOR AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S 2016 LEADERSHIP AWARDS

# december 2019 menu

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>2</b> orange banana muffin	<b>3</b> granola inf: organic brown rice blossoms milk	<b>4</b> hard boiled egg croissant	<b>5</b> organic super O's milk	<b>6</b> banana vanilla maple yogurt inf: plain yogurt
<b>lunch</b>	<b>chick-a-noodle soup</b> <b>h: beany noodle soup</b> wheat bun green beans inf: steamed green beans  pear inf: banana-pear purée	<b>beef bolognese</b> <b>h: lentil bolognese</b> whole grain rotini green peas & carrots  apple	<b>black beans in salsa</b> whole wheat wrap inf: multigrain slider sweet corn sour cream  banana	<b>chicken &amp; wild rice stew</b> <b>h: loco lima beans</b> quinoa bell peppers inf: apple-mango-beet purée  orange	<b>chili w/organic turkey</b> <b>h: chili chili bang bang</b> brown rice cucumber  apple
<b>pm snack</b>	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber organic vegetable crackers red pepper hummus	tortilla crisps inf/tod: organic corn & quinoa cake tomato salsa	carrot matchsticks mini tomatoes creamy parsley-lemon dressing inf/tod: cucumber organic crispbread
<b>am snack</b>	<b>9</b> granola inf: organic brown rice blossoms milk	<b>10</b> pear inf: apple-pear purée granola pucks	<b>11</b> mini whole wheat bagel organic raspberry fruit spread milk	<b>12</b> organic multigrain squares milk	<b>13</b> clementine muesli morning round
<b>lunch</b>	<b>bean cassoulet</b> whole wheat roll green peas  apple	<b>marinara</b> <b>beef meatballs</b> <b>h: marinara</b> <b>falafel bites</b> whole grain pasta steamed carrots  orange	<b>jerk chicken</b> <b>h: texan kidney beans</b> red & white quinoa coleslaw inf: blended coleslaw  diced melon	<b>sunshine dahl</b> brown rice veggie rainbow inf: mini broccoli cucumber raita  apple	<b>mac chick 'n cheese</b> <b>h: vegan cheese sauce</b> <b>w/rice pasta</b> tiny chopped salad balsamic dressing inf: cauliflower-carrot- coconut purée  banana
<b>pm snack</b>	<b>egg cracker stackers</b> rice crackers inf: whole wheat pita mayo w/organic tofu hard boiled egg	apple cheddar bites	<b>veggie roll up</b> whole wheat wrap inf: puffed rice square dill soft cheese cucumber	<b>fruit pizza</b> whole wheat pita cocoa chic'pea spread banana	tomato bruschetta whole wheat garlic baguette

**h** = herbivore protein **inf/tod** = infant/toddler substitute  
fish-free menu to accommodate severe allergies

milk offered with all lunches. water or milk offered with snacks.

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am snack	<b>16</b> cheddar bites cracked wheat crackers	<b>17</b> organic super O's milk	<b>18</b> orange whole wheat pita maple soft cheese	<b>19</b> applesauce cranberry-orange morning round	<b>20</b> organic multigrain squares milk
lunch	<b>mexican beef burrito filling</b> <b>h: bean burrito filling</b> whole wheat wrap inf: multigrain slider sweet corn sour cream  orange	<b>chickpea chowder</b> quinoa cucumber  apple	<b>meteorite wrap</b> <b>chicken meteorites</b> <b>h: chickpea patty</b> tricolour pasta salad steamed carrots real food ketchup  banana	<b>madagascar chicken</b> <b>h: slow cooked beans</b> brown rice green beans inf: steamed green beans  diced melon	<b>beef &amp; barley stew</b> <b>h: lentil &amp; mushroom stew</b> whole wheat garlic baguette mini broccoli  banana
pm snack	apple gingerbread kids inf: brioche bite milk	vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	tortilla crisps inf/tod: multigrain rocket bun tomato salsa	cucumber croissant	baby carrots inf/tod: steamed carrots puffed rice square hummus
am snack	<b>23</b> apple organic quinoa crunchies	<b>24</b> organic super O's milk	<b>25</b>  <b>Happy Holidays!</b>  	<b>26</b>  <b>Boxing Day</b>	<b>27</b> organic multigrain squares milk
lunch	<b>holiday feast</b> <b>roasted chicken w/groovy gravy</b> <b>h: groovy falafel bites</b> half whole wheat pita green peas & carrots potato mash  clementine	<b>ratatouille w/organic tofu</b> brown rice cucumber  strawberry sauce			<b>bean burrito filling</b> whole wheat wrap inf: whole wheat pita green peas sour cream  apple
pm snack	cheddar bites cracked wheat crackers	apple cocoa-beet loaf milk			orange cinnamon-raisin snacking round

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